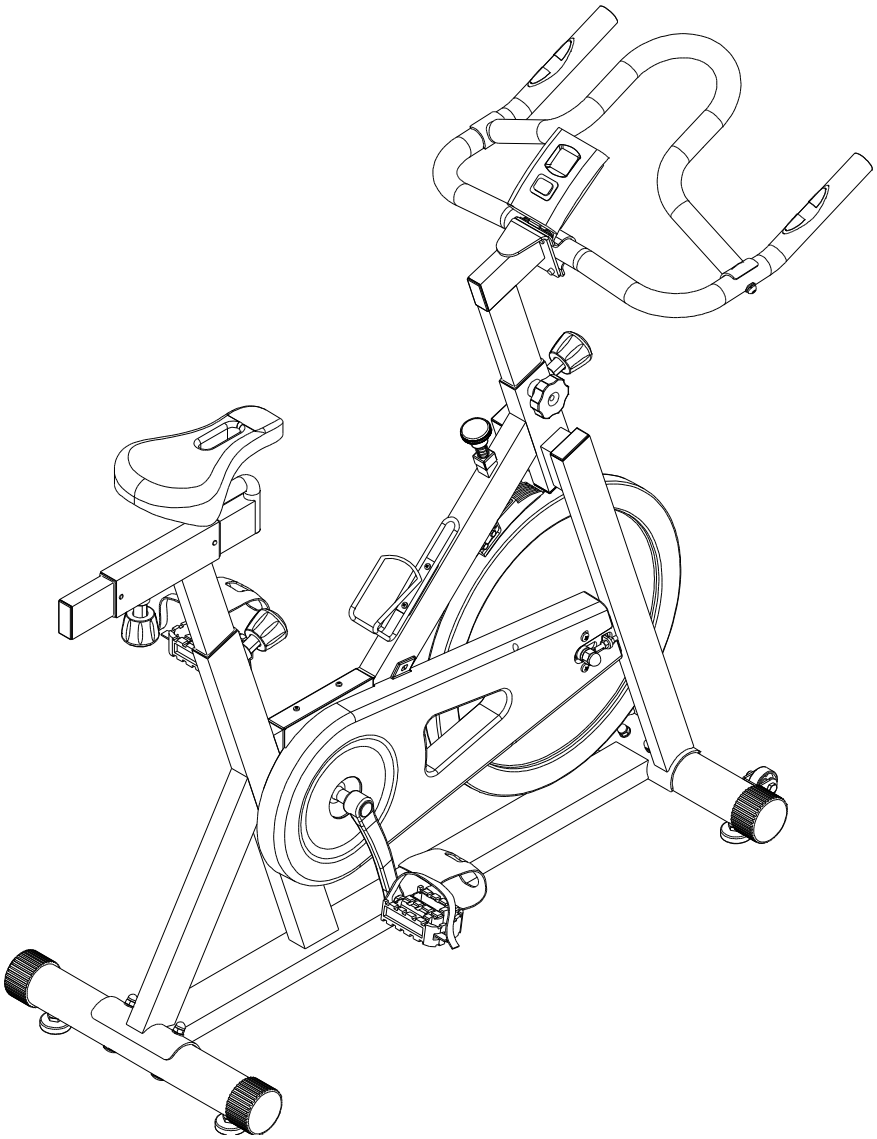
EXERPEUTIC
THERAPEUTIC FITNESS

INDOOR TRAINING BIKE



OWNER'S

Item #1220

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IMPORTANT: FOR NORTH AMERICA ONLY

To request product service and order replacement parts, please call our customer service department at: 1-866-924-1688

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,
or email us at: service@paradigmhw.com
Please visit our website at www.paradigmhw.com.

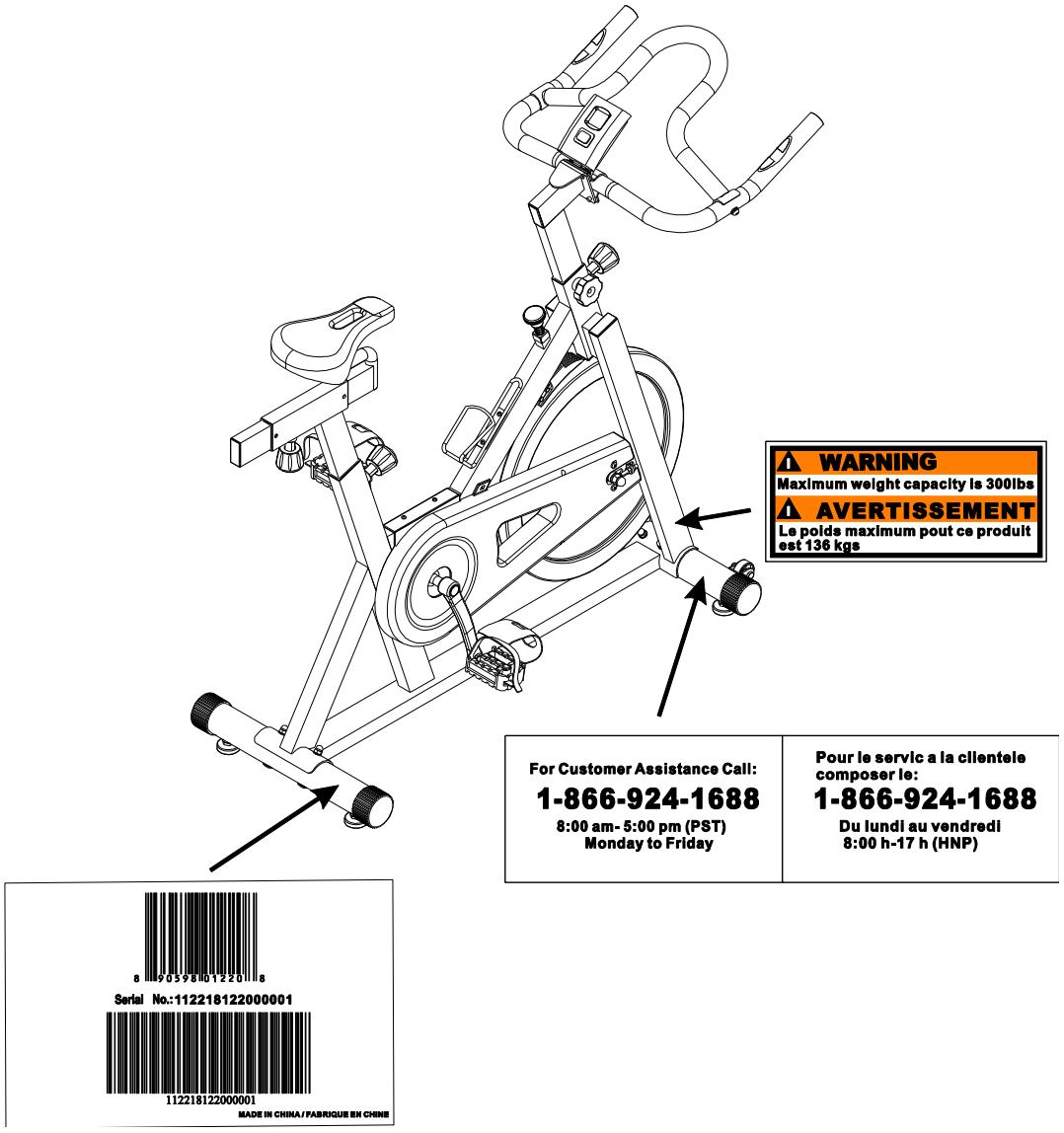
Please have the following information ready when requesting for service:

- **Your name**
- **Phone number**
- **Model number**
- **Serial number**
- **Part number**
- **Proof of Purchase**

***Before returning this product to the store please contact customer service at the contact number.**

Paradigm Health & Wellness, Inc.
1189 Jellick Ave, City of Industry, CA 91748, USA

WARNING LABEL PLACEMENT



PRODUCT SAFETY

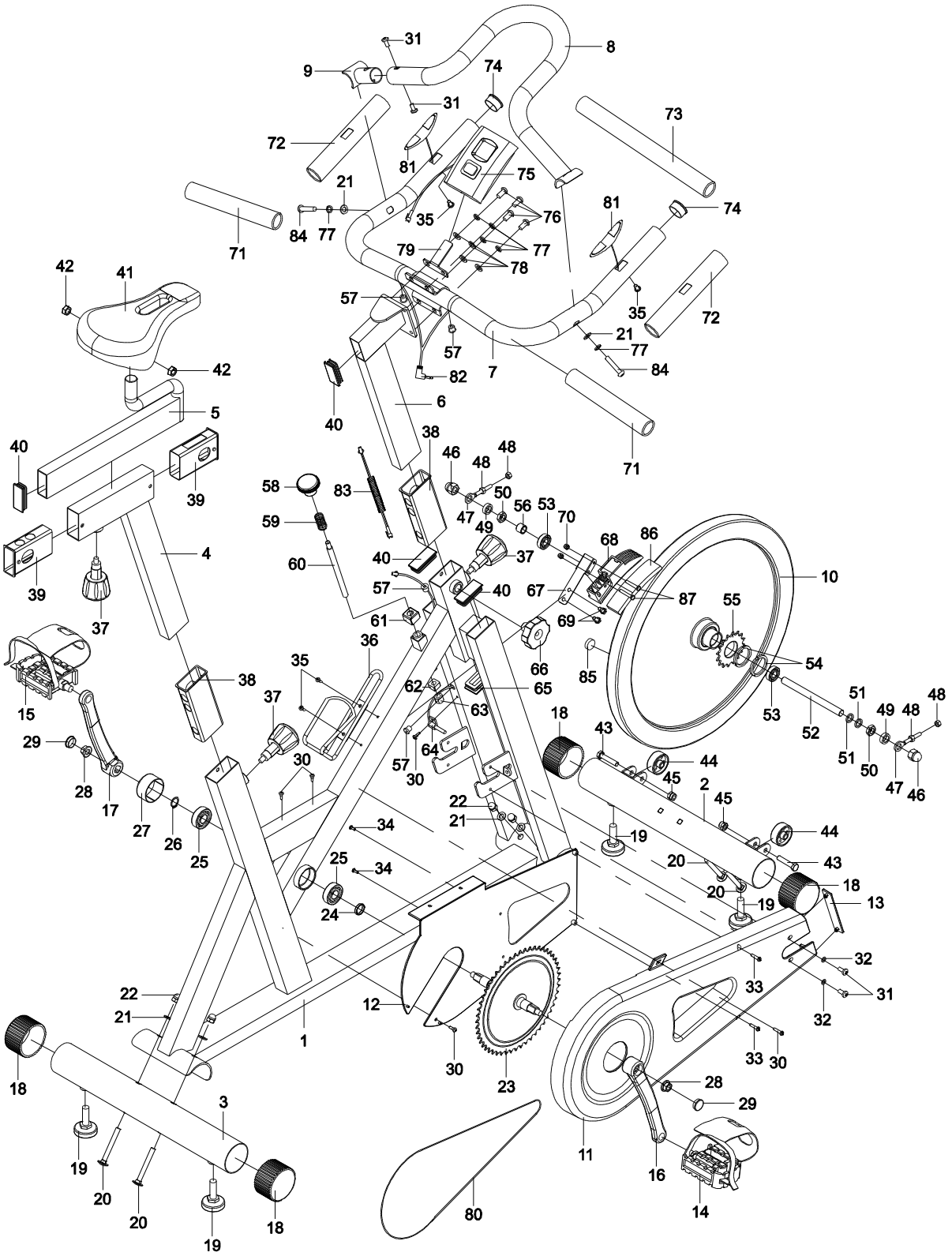
Basic precautions should always be followed, including the following safety instructions when using this equipment: Read all instructions before using this equipment.

1. Read all the instructions in this manual and do warm up exercises before using this equipment.
2. Before exercise, in order to avoid injuring your muscles, warm-up exercise for every muscle group is highly recommended. Please refer to the Warm Up pages for pre and post workout.
3. Please make sure all components are not damaged and in working order before use. This equipment should be placed on a flat surface while in use. Using a mat or other material on the ground is recommended.
4. Please wear proper clothes and shoes when using this equipment; do not wear clothes that get caught in any part of the equipment.
5. Do not attempt any maintenance or adjustments other than those described in this manual. Should any problems arise, discontinue use and consult an *Authorized Service Representative.*
6. Keep Dry - do not operate in wet or moist condition.
7. Always hold on to the handlebar while using the training bike.
8. To dismount, reduce pedaling speed gradually before you stop.
9. Do not use the equipment outdoors.
10. This equipment is for household use only.
11. Only one person should be on the equipment while in use.
12. Keep children and pets away from the product while in use. This machine is designed for adults only. This product requires a minimum of 6 feet of space for safe operation.
13. If you feel any chest pains, nausea, dizziness, or short of breath, you should stop exercising immediately and consult your physician before continuing.
14. The maximum weight capacity for this product is 300 lbs/136 kgs.

WARNING: Before beginning any exercise program consult your physician. This is especially important for the people who are over 35 years old or who have pre-existing health problems. Read all instructions before using any fitness equipment.

CAUTION: Read all instructions carefully before operating this product. Retain this Owner's Manual for future reference.

PART DRAWING



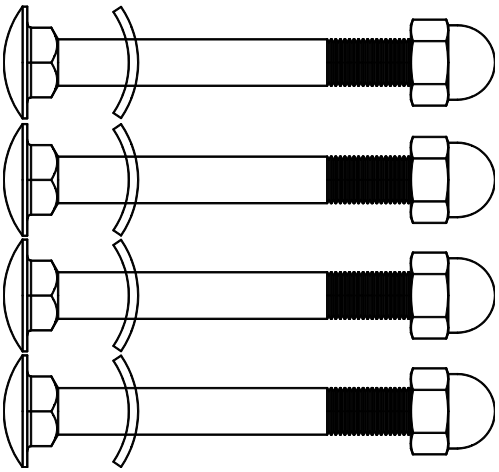
PART LIST

No.	Description	Qty	No.	Description	Qty
001	Main Frame 1006x150x766	1	029	Crank Cover Ø22	2
002	Front Stabilizer 500x97x70	1	030	Pan Head Phillips Self Drilling Screw ST4.2x13	5
003	Rear Stabilizer 500x60x70	1	031	Bolt M6x12	4
004	Seat Post 456x203x30	1	032	Big Washer Ø6.5xØ16x1.2	2
005	Seat Sliding Tube 361x23.5x149	1	033	Screw ST4.2x23	2
006	Handlebar Post 364x60x114	1	034	Screw ST3.8x9	2
007	Hand Pulse Handlebar 380x512x80	1	035	Screw ST4.2x19	4
008	Small Handlebar 260x468x103	1	036	Bottle Holder Ø88x134	1
009	Small Handlebar Connector 67x45x35	1	037	Round Knob M16x1.5	3
010	Flywheel (Ø460) (40 lbs/18 kgs)	1	038	Plastic Bushing	2
011	Outer Cover 651x265x40.5	1	039	Seat Post Plastic Bushing	2
012	Inner Cover 452x262x33	1	040	Rectangular End Cap 53.5x23.5x1.5	4
013	Rectangular Cover Plate 108x22	1	041	Seat Cushion DD-6619	1
014	Right Foot Pedal 9/16"	1	042	Nut M8	2
015	Left Foot Pedal 9/16"	1	043	Bolt M8x40	2
016	Right Crank 170x43，9/16"	1	044	Transport Wheel Ø42xØ8.3x22	2
017	Left Crank 170x43，9/16"	1	045	Nylon Nut M8	2
018	Front Stabilizer End Cap Ø60	4	046	Cap Nut M12x1	2
019	Adjustable Leveler Ø42xM12x1.75	4	047	Eyebolt M6x66	2
020	Bolt M8x72	4	048	Nut M6	4
021	Curve Washer Ø8	6	049	Washer Ø20xØ13x6	2
022	Cap Nut M8	4	050	Nut M12x1	2
023	Chain Wheel 215x175	1	051	Flywheel Washer Ø17xØ12.2x2.5	2
024	Sleeve Ø22xØ18x4.5	1	052	Flywheel Axle Ø12x150	1
025	Bearing (6203ZZ)	2	053	Bearing (6001ZZ)	2
026	C Ring Ø17	1	054	Lock Nut Ø42x5.5，M33x1	2
027	Protection Cover	1	055	Small Chain Wheel	1
028	Nut 3/8"	2	056	Flywheel Sleeve Ø16xØ12x13	1

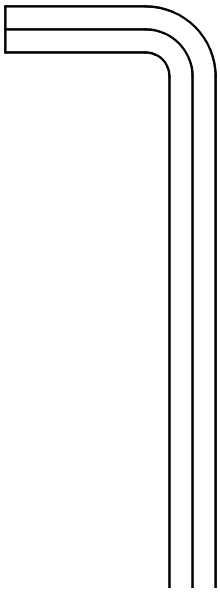
PART LIST

No.	Description	Qty	No.	Description	Qty
057	Wire Grommet Ø12	4	073	Handlebar Foam Grip Ø30xØ37x760	1
058	Brake Knob Ø44x48.5，M8	1	074	Handlebar End Cap Ø32x1.5	2
059	Spring Ø1	1	075	Computer LT8817	1
060	Brake Knob Rod Ø10x150	1	076	Bolt M8x15	4
061	Decoration Cover for Brake	1	077	Spring Washer Ø8	6
062	Square Nut 15x15x10，M10	1	078	Washer Ø8	4
063	Cap Nut Ø15x16	1	079	Computer Bracket	1
064	Sensor Bracket 22x14	1	080	Chain	1
065	End Cap 60x30x1.5	1	081	Hand Pulse Sensor	2
066	Lock Knob M16x1.5	1	082	Hand Pulse Sensor Wire L=650mm	1
067	Spring Plate δ1	1	083	Sensor with Wire L=250mm	1
068	Brake Bracket 120x30x35	1	084	Bolt M8x45	2
069	Bolt M6x8	2	085	Small Magnet Ø15x7	1
070	Nylon Nut M5	2	086	Brake Pad 115x25x6	1
071	Handlebar Foam Grip Ø30xØ37x250	2	087	Bolt M5x30	2
072	Handlebar Foam Grip Ø30xØ37x200	2			

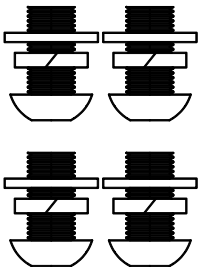
HARDWARE PACKING LIST & TOOLS



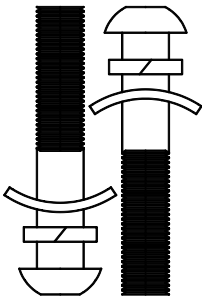
(20) Bolt M8x72 4 PCS
(21) Curve Washer Ø8 4 PCS
(22) Cap Nut M8 4 PCS



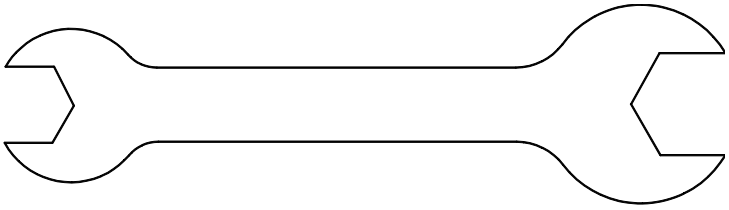
Allen Wrench #6
1 PC



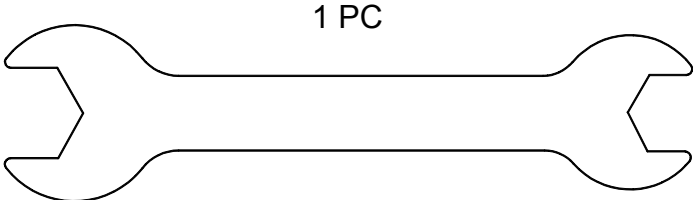
(76) Bolt M8x15
4 PCS
(77) Spring Washer Ø8
4 PCS
(78) Washer Ø8
4 PCS



(21) Curve Washer Ø8
2 PCS
(77) Spring Washer Ø8
2 PCS
(84) Bolt M8x45
2 PCS



Double Open End Wrench #13, #17
1 PC

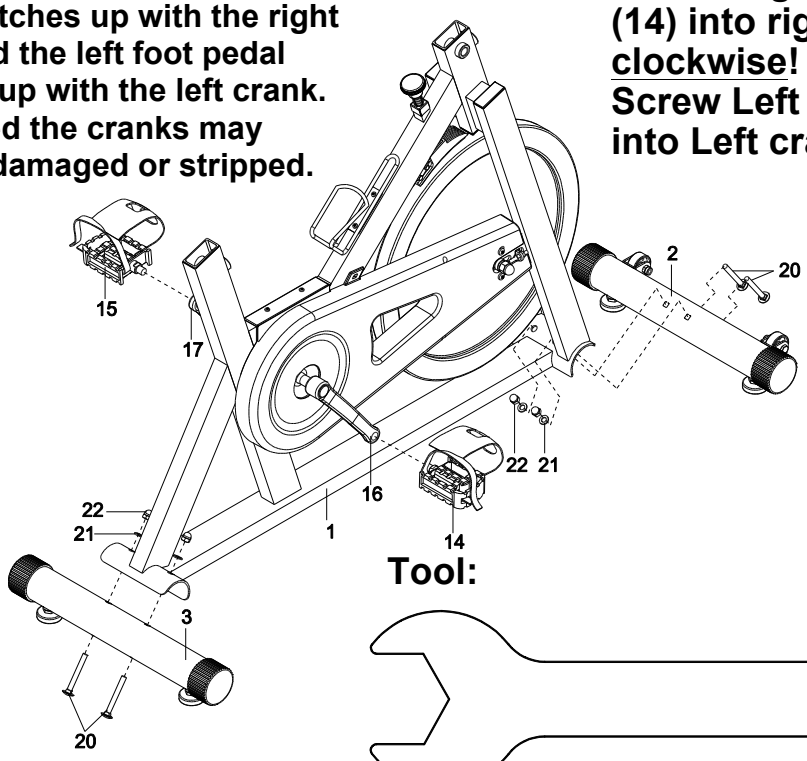


Double Open End Wrench #13, #15
1 PC

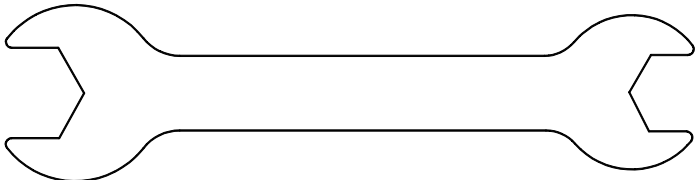
ASSEMBLY

Important:
Please make sure the right foot pedal matches up with the right crank and the left foot pedal matches up with the left crank. If reversed the cranks may become damaged or stripped.

Important:
Screw Right Foot Pedal (14) into right crank clockwise!
Screw Left Foot Pedal (15) into Left crank



Tool:



Double Open End Wrench #13, #15

1. Front/Rear Stabilizers and Right/Left Foot Pedals Installation

Position the Front Stabilizer (2) in front of the Main Frame (1) and align bolt holes. Attach the Front Stabilizer (2) onto the front curve of the Main Frame (1) with two M8x72 Bolts (20), two Ø8 Curve Washers (21), and two M8 Cap Nuts (22). Tighten cap nuts with the #13, #15 Double Open End Wrench provided.

Position the Rear Stabilizer (3) behind the Main Frame (1) and align bolt holes. Attach the Rear Stabilizer (3) onto the rear curve of the Main Frame (1) with two M8x72 Bolts (20), two Ø8 Curve Washers (21), and two M8 Cap Nuts (22). Tighten cap nuts with the #13, #15 Double Open End Wrench provided.

Foot Pedals Installation

The Cranks, Pedal Shafts, and Foot Pedals are marked "R" for Right and "L" for Left.

Insert the pedal shaft of Left Foot Pedal (15) into threaded hole in the Left Crank (17). Turn the pedal shaft by hand in the counter-clockwise direction until snug.

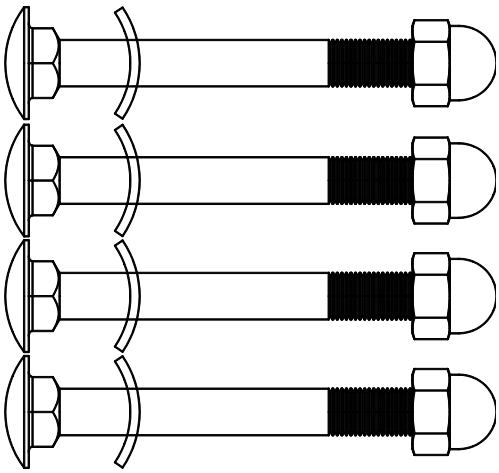
Note: DO NOT turn the pedal shaft in the clockwise direction, doing so will strip the threads.

Tighten the pedal shaft of Left Foot Pedal (15) with the #13, #15 Double Open End Wrench provided.

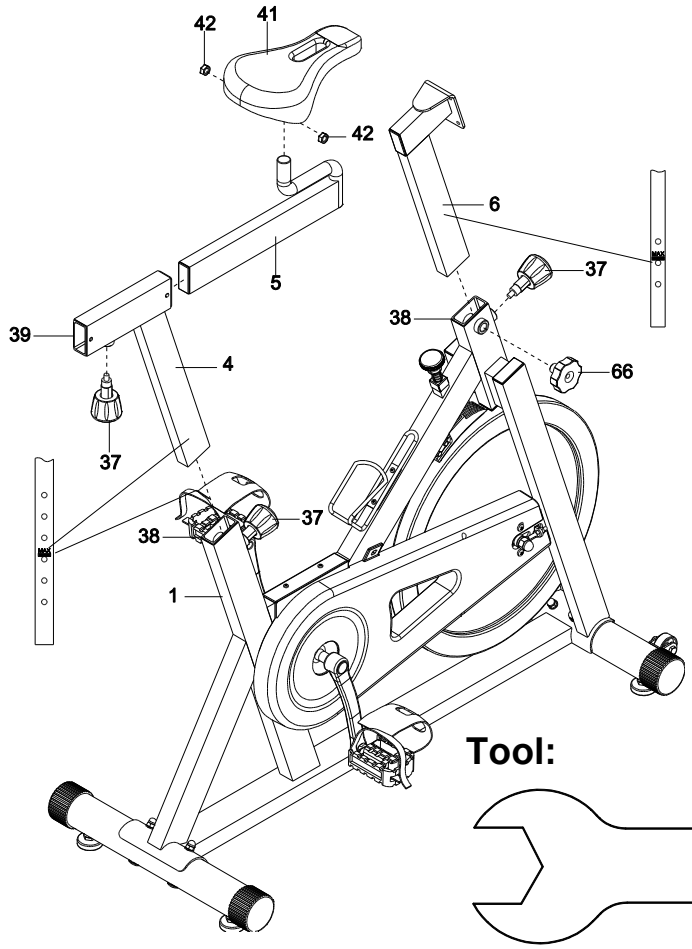
Insert pedal shaft of Right Foot Pedal (14) into threaded hole in Right Crank (16). Turn

the pedal shaft by hand in the clockwise direction until snug. Tighten pedal shaft of Right Foot Pedal (14) with the #13, #15 Double Open End Wrench provided.

Hardware:



(20) Bolt M8x72	4 PCS
(21) Curve Washer Ø8	4 PCS
(22) Cap Nut M8	4 PCS



Tool:

Double Open End Wrench #13, #17

2. Seat Post, Seat Sliding Tube, Seat Cushion, and Handlebar Post Installation

Turn the Round Knob (37) on the Main Frame (1) in a counterclockwise direction until it can be pulled out. Pull out the Round Knob (37) and then insert the Seat Post (4) into the Plastic Bushing (38) on the tube of the Main Frame (1). Slide the Seat Post (4) up or down direction to the suitable position. Lock the Seat Post (4) in place by releasing the Round Knob (37) and sliding the Seat Post (4) up or down slightly until the Round Knob (37) "pops" down into the locked position. For added safety, tighten the Round Knob (37) in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot be higher than the edge of plastic bushing.

Insert the Seat Sliding Tube (5) into the Seat Post Plastic Bushing (39) on the tube of the Seat Post (4) and then attach the Round Knob (37) onto the tube of the Seat Post (4) by turning it in a clockwise direction with the #13, #17 Double Open End Wrench provided to lock the Seat Sliding Tube (5) in the suitable position.

Loosen both M8 Nuts (42) from underside of the Seat Cushion (41) with the #13, #17 Double Open End Wrench provided. Then install the Seat Cushion (41) onto the Seat

Sliding Tube (5) and secure with both M8 Nuts (42) that were loosened. Tighten both M8 Nuts (42) with the #13, #17 Double Open End Wrench provided.
Insert the Handlebar Post (6) into the Plastic Bushing (38) on the tube of the Main Frame (1) and then attach the Round Knob (37) onto the tube of the Main Frame (1) by turning it in a clockwise direction with the #13, #17 Double Open End Wrench provided to lock the Handlebar Post (6) in the suitable position.
NOTE: When adjusting the height of handlebar post, the MAX line cannot be higher than the edge of plastic bushing.
Finally, attach the Lock Knob (66) onto the tube of the Main Frame (1) by turning it in a clockwise direction to lock the Handlebar Post (6) in place.

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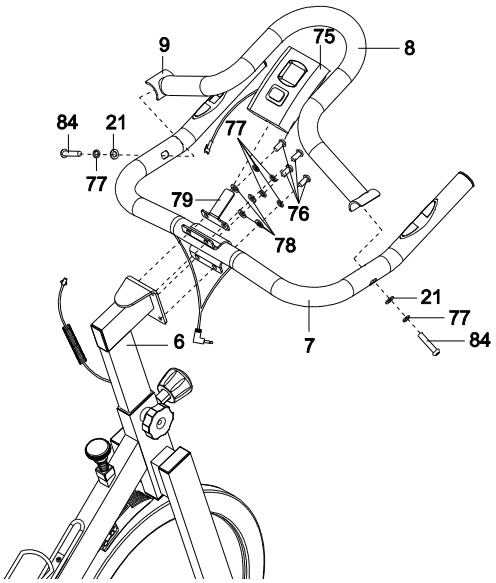
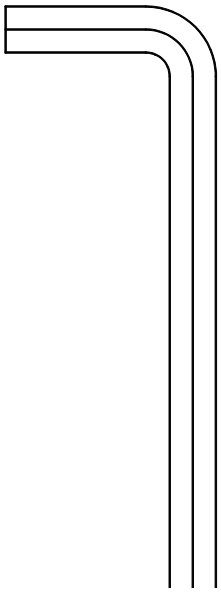


Tool:



Allen Wrench #6

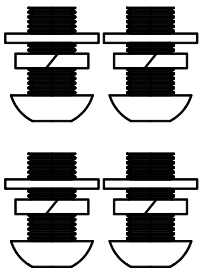
3. Hand Pulse Handlebar, Small Handlebar, Computer Bracket, and Computer Installation

Attach the Small Handlebar (8) and Small Handlebar Connector (9) onto the Hand Pulse Handlebar (7) with two Ø8 Curve Washers (21), two Ø8 Spring Washers (77), and two M8x45 Bolts (84). Tighten bolts with the #6 Allen Wrench provided.

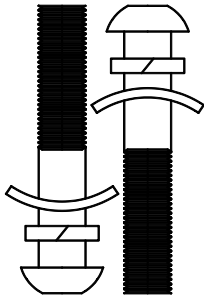
Attach the Hand Pulse Handlebar (7) with Computer Bracket (79) onto the Handlebar Post (6) with four M8x15 Bolts (76), four Ø8 Spring Washers (77), and four Ø8 Washers (78). Tighten bolts with the #6 Allen Wrench provided.

Slide the Computer (75) onto the Computer Bracket (79) until it locks into place.

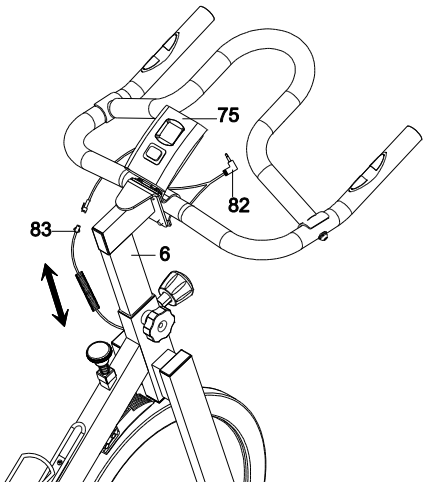
Hardware:



(76) Bolt M8x15
4 PCS
(77) Spring Washer Ø8
4 PCS
(78) Washer Ø8
4 PCS



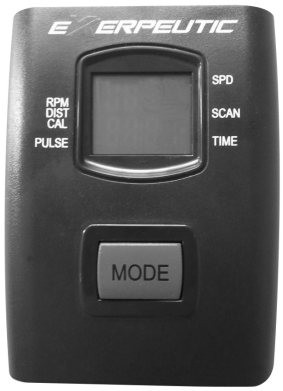
(21) Curve Washer Ø8
2 PCS
(77) Spring Washer Ø8
2 PCS
(84) Bolt M8x45
2 PCS



4. Connecting the Wires

Connect the Sensor Wire (83) to the wire that comes from the Computer (75).
Plug the Hand Pulse Sensor Wire (82) into the receptacle located on the back of the Computer (75).

COMPUTER



USING YOUR COMPUTER
The computer can be activated by pressing the button or by pedaling. If you leave the computer idle for 4 minutes, the power will shut off automatically.

BUTTON FUNCTIONS:
MODE: Press the MODE button to select each function of the computer.
Press and hold the MODE button for 4 seconds to reset all data values to zero.

COMPUTER FUNCTIONS:
SCAN: Press the MODE button until the "►" points to SCAN, the computer will automatically scan each function in sequence with change every 4 seconds.

TIME: Press the MODE button until the "►" points to TIME, the computer will display your elapsed workout time in minutes and seconds.

SPD (SPEED): Press the MODE button until the "►" points to SPD (SPEED), the computer will display the current training speed.

DIST (DISTANCE): Press the MODE button until the "►" points to DIST (DISTANCE), the computer will display the accumulative distance traveled during workout.

CAL (CALORIES): Press the MODE button until the "►" points to CAL (CALORIES), the computer will display the total accumulated calories burned during workout.

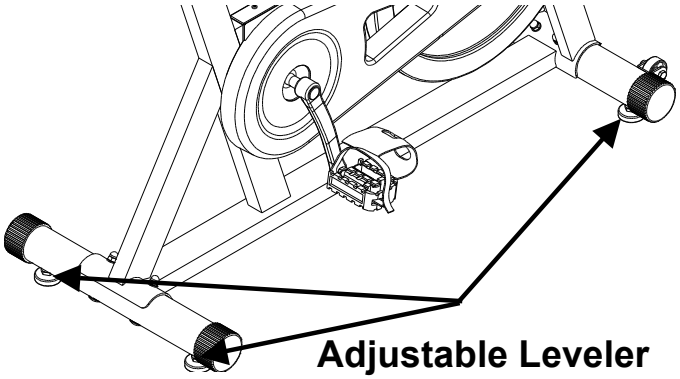
RPM: Press the MODE button until the "►" points to RPM, the computer will display the revolutions per minute.

PULSE: Press the MODE button until the "►" points to PULSE, the computer will display your current heart rate figures after you grip the handlebar sensors with both your hands during exercise. To ensure the pulse readout is more precise, please always hold on to the handlebar grip sensors with two hands instead of just with one hand only when you try to test your heart rate figures.

HOW TO INSTALL THE BATTERIES:

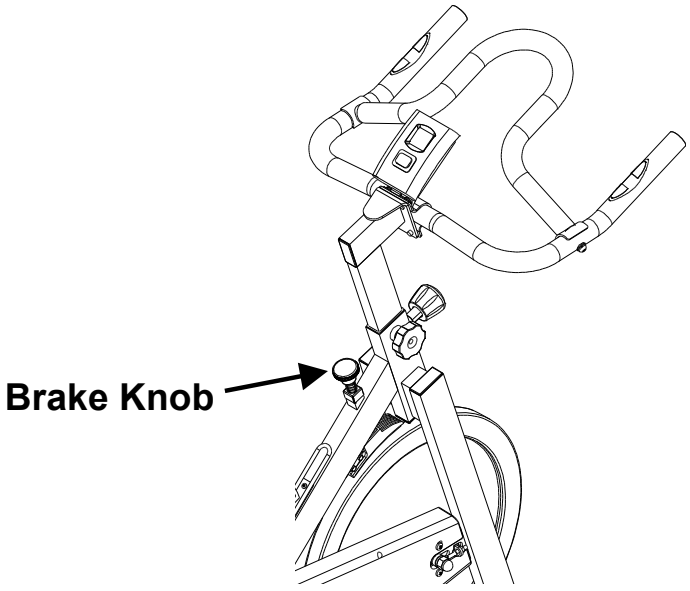
1. Remove the battery cover on the back of the computer.
2. Place two "SIZE-AA" batteries into the battery housing.
3. Insure batteries are correctly positioned and battery springs are in proper contact with batteries.
4. Re-install the battery cover.
5. If the display is illegible or only partial segment appear, remove batteries and wait 15 seconds before reinstalling.

ADJUSTMENTS



Adjusting the Adjustable Leveler

Turn the Adjustable Leveler on the front and rear stabilizers as needed to level the bike.

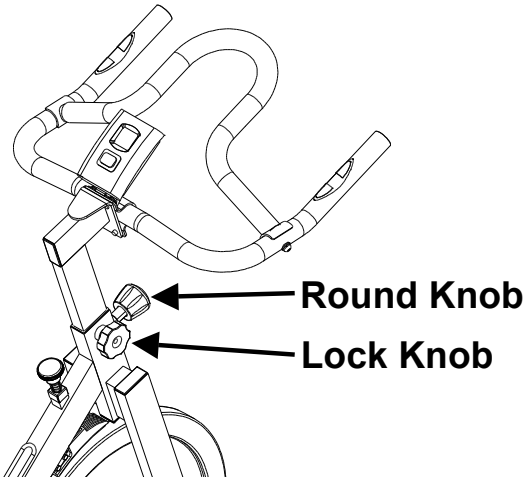


Adjusting the Brake Knob

To increase the tension, turn the Brake Knob in a clockwise direction.

To decrease the tension, turn the Brake Knob in a counterclockwise direction.

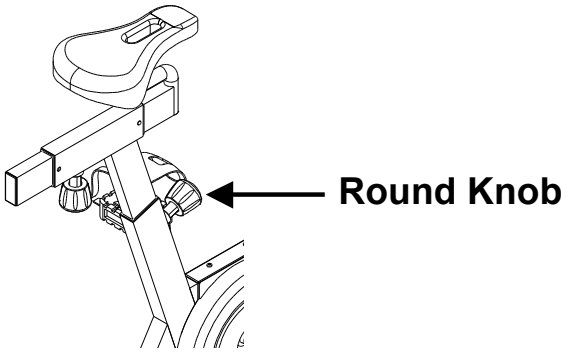
ADJUSTMENTS



Adjusting the Handlebar Height

Loosen the Lock Knob and then loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Handlebar Post up or down direction to the suitable position. Lock the Handlebar Post in place by releasing the Round Knob and sliding the Handlebar Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten both Lock Knob and Round Knob in a clockwise direction.

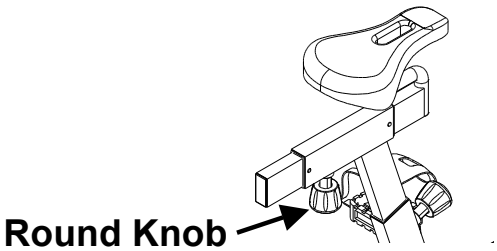
NOTE: When adjusting the height of handlebar post, the MAX line cannot higher than the edge of plastic bushing.



Adjusting the Seat Height

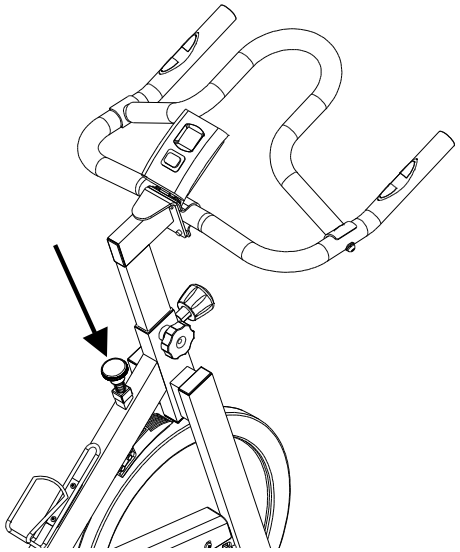
Loosen the Round Knob by turning counterclockwise direction until it can be pulled out. Pull out the Round Knob and then slide the Seat Post up or down direction to the suitable position. Lock the Seat Post in place by releasing the Round Knob and sliding the Seat Post up or down slightly until the Round Knob "pops" down into the locked position. For added safety, tighten the Round Knob in a clockwise direction.

NOTE: When adjusting the height of seat post, the MAX line cannot higher than the edge of plastic bushing.



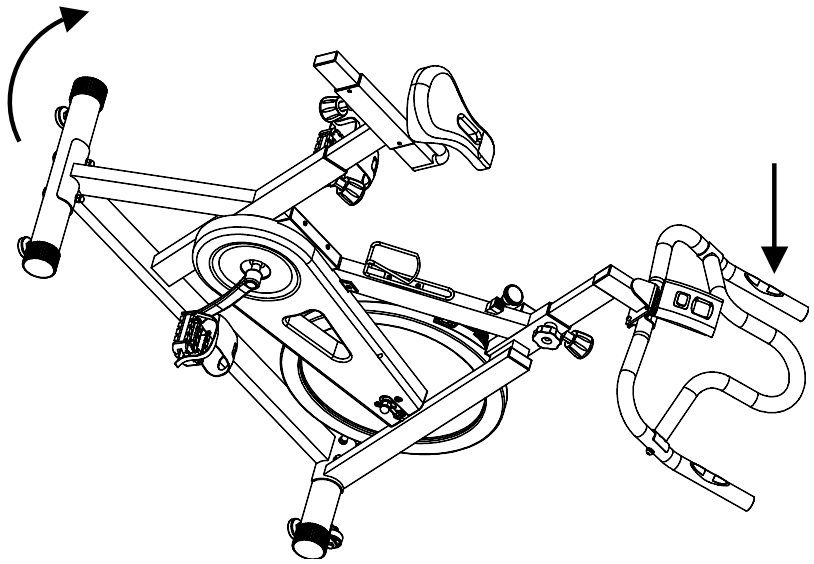
Adjusting the Seat Forward or Back
Loosen the Round Knob by turning it in a counterclockwise direction. Slide the Seat Sliding Tube in a forward direction to the suitable position. Lock the Seat Sliding Tube in place by turning it in a clockwise direction.

EMERGENCY STOP



To emergency stop, press firmly down onto the **BRAKE KNOB**. Continue holding the **BRAKE KNOB** down until the flywheel comes to a complete stop.

MOVING THE BIKE



Start by carefully pushing down on the handlebar until the rear end of the bike lifts in the air. Carefully push the bike to the desired location.

TROUBLE SHOOTING

PROBLEM: The training bike wobbles when in use.
SOLUTION: Turn the adjustable leveler on the front and rear stabilizers as needed to level the training bike.

PROBLEM: There is no display on the computer console.
SOLUTION: Verify the wire that comes from the computer console is properly connected to the sensor wire.
SOLUTION: Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.
SOLUTION: The batteries in the computer console may be dead. Change to new batteries.

PROBLEM: There is no heart rate reading or is erratic / inconsistent.
SOLUTION: Make sure that the hand pulse sensor wire is plugged into receptacle located on the back of the computer.

SOLUTION: To ensure the pulse readout is more precise, always hold on to the handlebar grip sensors with two hands instead of just with one hand.
SOLUTION: Gripping the hand pulse sensors too tight. Try to maintain moderate pressure while holding onto the hand pulse sensors.

PROBLEM: The training bike makes a squeaking noise when in use.
SOLUTION: The bolts may be loose on the training bike, please inspect the bolts and tighten the loose bolts.

MAINTENANCE

Cleaning
The training bike can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the training bike after each use. Be careful not get excessive moisture on the computer display panel as this might cause an electrical hazard or electronics to fail.
Please keep the training bike, especially, the computer console, out of direct sunlight to prevent screen damage.
Please inspect all assembly bolts and pedals on the machine for proper tightness every week.

Storage
Store the bike in a clean and dry environment away from children.

WARM UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

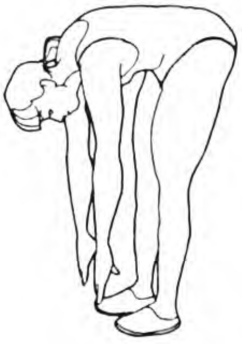
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.

Toe Touches

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts Relax and then repeat with left leg extended.

WARRANTY

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm Health & Wellness, Inc.'s Owner's Manual. Paradigm Health & Wellness, Inc.'s obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

Paradigm Health & Wellness, Inc.

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO

service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____
TRK #: _____
BACK ORDER: _____